



APRICOTS, CANNED

Date: April 2009

Code: A353

PRODUCT DESCRIPTION

- Canned apricots are U.S. Grade B, peeled or unpeeled halves.
- Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

PACK/YIELD

- Each can contains about 15 ounces, which is about 2 cups or 4 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened apricots in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Canned apricots are a delicious dessert or snack served directly from the can. They can be served chilled or at room temperature.
- Freeze the drained juice in an ice cube tray and use instead of ice cubes to sweeten cold drinks like iced tea.
- Use canned apricots in baked fruit desserts like cobblers or crisps; dice them into fruit salad or use in smoothies.
- The fruit juice from the drained apricots can be thickened with flour or cornstarch and used as a fruit sauce for pancakes, waffles, or ice cream.

NUTRITION INFORMATION

- ½ cup of apricots count as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- ½ cup of apricots provides ⅓ of daily of vitamin A needs.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 2 canned apricot halves (80g) in light syrup

Amount Per Serving

Calories	50	Calories from Fat	0
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 13g	7%		
Dietary Fiber 2g	8%		
Sugars 19g			
Protein 0g			
Vitamin A 33%	Vitamin C 6%		
Calcium 1%	Iron 3%		

*Percent Daily Values are based on a 2,000 calorie diet.

APRICOT DESSERT TOPPING**MAKES 6 SERVINGS****Ingredients**

- 2 cups apricots, undrained
- 1 tablespoon sugar
- 2 tablespoons orange juice

Directions

1. Mix together all ingredients in a small saucepan.
2. Bring to a boil and cook 1 minute.
3. Allow to cool slightly.
4. Serve warm or cold over ice cream, cake, yogurt, waffles, or pancakes.

Nutrition Information for 1 serving of Apricot Dessert Topping					
Calories	70	Cholesterol	0 mg	Sugar	16 g
Calories from Fat	0	Sodium	3 mg	Protein	0 g
Total Fat	0 g	Total Carbohydrate	18 g	Vitamin A	110 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	4 mg
				Calcium	8 mg
				Iron	0 mg

Recipe adapted from the California Fresh Apricot Council, Califapricot.com.

REFRESHING APRICOT SMOOTHIE**MAKES 2 SERVINGS****Ingredients**

- 1 can (about 15 ounces) apricot halves, chilled
- 1 cup (8 ounces) low-fat plain or vanilla yogurt
- 2-3 drops vanilla extract, to taste
- 6-8 ice cubes

Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Nutrition Information for 1 serving of Refreshing Apricot Smoothie					
Calories	260	Cholesterol	5 mg	Sugar	41 g
Calories from Fat	20	Sodium	90 mg	Protein	8 g
Total Fat	2 g	Total Carbohydrate	60 g	Vitamin A	320 RAE
Saturated Fat	1 g	Dietary Fiber	6 g	Vitamin C	8 mg
				Calcium	245 mg
				Iron	1 mg

Recipe adapted from Apricot Producers of California, Apricotproducers.com.